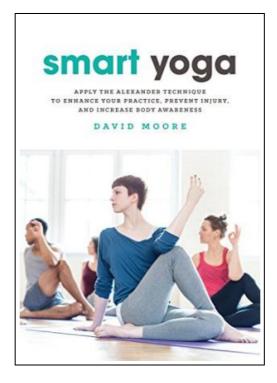
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Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Michael Spinka)

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North Atlantic Books, U.S., United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. David Moore draws on thirty years of teaching to bring fresh and practical insights into how the Alexander Technique can contribute to a safer and more effective yoga practice. With a wealth of illustrations that support the clear, precise explanations, this book offers comprehensive advice in modifying a yoga practice to take into account the huge variability in individual ranges of movement. Moore includes techniques to accommodate limitations imposed by injuries, structure, body type, strength, and flexibility. Smart Yoga offers an explanation of the Alexander Technique s approach to posture and movement, suggestions for altering faulty breathing patterns, and information about how Hatha Yoga, Patanjali, and Buddhist insight practices relate to the Alexander Technique.

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